

PROGRAMME

CARD // FITNESS EQUIPMENT

If unsure on any exercise, please copy and paste into your preferred search engine.

WARM UP- APPLIES TO ALL WORKOUTS

1 minute of each:

- 1) Dynamic stretches and mobility – wrist circles 10 seconds, arm circles 10 seconds (and other way 10 seconds), hip circles 10 seconds, knee circles 10 seconds and ankle rolls/circles 10 seconds
- 2) Star jumps 1 minute
- 3) Log jumps 1 minute
- 4) Side lunges 1 minute
- 5) Star jumps 1 minute

Your heart rate should be high now!

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INDOOR WORKOUT 1

Warm up: 5 minutes

Cardio + muscular endurance workout

40 seconds on, 20 seconds off. Repeat each exercise 4 times.

- 1) Banded squats
- 2) Press ups
- 3) Seated banded rows
- 4) Plank taps
- 5) Burpees + jump over hurdle to make it harder

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INDOOR WORKOUT 2

Warm up: 5 minutes

Strength Super Sets (triple S) Workout

Use bands for strength training combined with bodyweight exercises. Help improve muscle endurance and tone.

Perform for 30 seconds each back to back and rest for 30 seconds after (1 minute work, 30 seconds rest) repeat 5 times for each round

- 1) Banded press ups + banded tricep extensions
- 2) Banded shoulder press + banded bicep curls
- 3) Banded squats + weighted reverse lunges (use any thing at home with a weight i.e. a backpack)
- 4) Banded front raises + standing bent over rows

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INDOOR WORKOUT 3

Warm up: 5 minutes

Cardio Blast

Pair cardio and ab exercise in 1 set

Cardio will be your active rest for 1 minute and the exercises are 30 seconds long. Repeat whole circuit twice or three times if you want to make it more challenging!

Cardio = Star jumps

Step ladder

Squat kicks

Reverse lunges

Press ups

Burpees

Mountain climbers

Plank taps

Ab wheel roll outs

Hollow holds

Russian twists

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INDOOR WORKOUT 4

Warm up: 5 minutes

HIIT Workout

Pyramid style

Starting with 60 seconds each exercise no rest back to back.
Rest for 30 seconds at the end of each round. Decrease work load by 20 seconds and increase again so something like this:

60 > 40 > 20 > 40 > 60

Exercises:

Squat kicks

Jumping lunges

Mountain climbs

Star jumps

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INDOOR WORKOUT 5

Warm up: 5 minutes

Cardio-Ab Blasts

10 exercises, 40 seconds each, repeat 5 times. Rest for 1 minute after each round. No rest in between each exercises.

- 1) Mountain climbers
- 2) Speed ladder
- 3) Side shuffle floor taps
- 4) Star jumps
- 5) Log jumps
- 6) Russian twists
- 7) Ab roll outs
- 8) Plank shoulder taps
- 9) Side plank L
- 10) Side plank R

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OUTDOOR WORKOUT 1

Warm up: 5 minutes

All exercises are paired with 1 minute skipping rope.

Go at your own pace!

Exercises also last for 30 seconds so the jump rope becomes your cardio/active rest. Repeat circuit twice or three times to make it harder!

Exercise:

- 1) Squats
- 2) Press ups
- 3) Shuttle runs * use hurdles as cones if needed
- 4) Side lunges
- 5) High knees
- 6) Plank shoulder taps
- 7) Hurdle jump-over
- 8) Speed ladder
- 9) Shadow boxing
- 10) Half burpees (burpees without jump)

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OUTDOOR WORKOUT 2

Warm up: 5 minutes

Circuit Style

All exercises are paired with 1 minute skipping rope. Go at your own pace!

Exercises also last for 30 seconds so the jump rope becomes your cardio/active rest. Repeat circuit twice or three times to make it harder!

- 1) Banded squats
- 2) Banded press ups
- 3) Banded shoulder press
- 4) Banded bent over rows
- 5) Banded bicep curls
- 6) Banded tricep extension
- 7) Crab walks
- 8) Mountain climbers
- 9) Split squats
- 10) Standing knees to elbows

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OUTDOOR WORKOUT 3

Warm up: 5 minutes

Use the hurdles as paired with each exercises: 30 seconds on 30 seconds off. Repeat 10 exercises three times. Only rest at the end of the 10 exercises:

- 1) Banded squats
- 2) Banded press ups
- 3) Banded shoulder press
- 4) Banded bent over rows
- 5) Plank shoulder taps
- 6) Hurdle jump-over
- 7) Speed ladder
- 8) Shadow boxing
- 9) Half burpees (burpees without jump)
- 10) Star jumps

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OUTDOOR WORKOUT 4

Warm up: 5 minutes

Rep based workout!

Exercises:

- 1) 40-star jumps
- 2) 5 jump squats
- 3) 30 speed skaters
- 4) 60 seconds jog on the spot
- 5) 10 side lunges
- 6) 10 alternating lung jumps
- 7) 30 mountain climbers
- 8) 5 jack knives sit ups
- 9) 20 lung kicks
- 10) 30 banded front raises
- 11) 20 Russian-twists
- 12) 60 second jog on the spot
- 13) Repeat 3-4 times!